



Bloomsburg University

Bloomsburg Pennsylvania 12345
School Road

3/17/2015

OFFICE OF UNIVERSITY ISSUES

FRESHMAN 15

DEAR OTIS,

PROBLEM: It has come to my attention that there may be an issue among the incoming freshman at this university. This issue is weight gain, otherwise known as the **Freshman 15**.

BACKGROUND: Through research, it is found that many college freshman in fact, gain weight their freshman year. Their habits change while transitioning into a college student. But which habits may be causing the weight gain?

FINDINGS: I did research of my own on Bloomsburg Universities campus. By studying students eating behaviors in the Commons, I found that most men ate unhealthy, while women generally made healthy eating choices. I also found through several anonymous surveys that the students generally got a healthy amount of exercise. I also found that many freshman students enjoyed binge drinking on the weekends at our University.

CONCLUSION: Overall, I found the reason for the **Freshman 15** could be linked to freshman student's binge drinking, or poor dietary choices. I believe the students overall, have healthy exercise habits. Hence, I think we should take action and develop healthier eating options on campus. Furthermore, we should establish an office for students to get help with nutrition and healthy choices.

Sincerely,

Doug Kennedy